

Yearly Habit Tracker Ideas

Personal Hygiene

- Color hair
- Hair cut
- Change contact lenses
- Face mask
- Hair mask
- Change toothbrush

Household

- Clean out fridge/freezer
- Clean oven/microwave
- Change smoke detector batteries
- Wash sheets
- Mop/vacuum
- Clean windows
- Change air filters

Vehicle Care

- Oil change
- Wash
- Declutter interior
- Detail

Miscellaneous

- Clean out purse/wallet
- Organize photos on phone
- Donate unused clothes
- Review subscription services
- Breast self exam
- Period

Plant Care

- Fertilize
- Dust
- Rotate
- Repot
- Prune
- Pest control

Social

- Text/call a friend
- Date night
- Act of service
- Family activity
- Send a card
- Outing with friend
- Volunteer

Work

- Clear emails
- Declutter workstation
- Clean lunchbox
- File paperwork